

# Early Intervention Family Worker Newsletter

## 10<sup>th</sup> Jan 2022

### Parent Carer Support Line

Offers the opportunity to speak to a friendly professional from the E I Family Worker Team about your young person aged 4 to 12 in Cambridge City and surrounding areas.

You can ask question, seek support around behaviour, routines, and boundaries, or just talk about how it is to manage parenting during current times. We will give advice, support, and help with signposting or just listen. You can telephone or email for support any time. Please leave a message with contact details, someone will call you back within 10 working days. We are not an emergency service. [Phone 01354 750420](tel:01354750420)

### Activity Idea

An easy or interesting activity parents could do with their children.



This positivity jar can include positive words, comments and affirmations that can be looked at time and time again to help children feel positive especially when they might be feeling low.

You will need an empty jar, paper, and pens. Together sit and talk about what you each find positive and think about the things you love about each other. Write them down on the coloured paper and pop in the jar. Example. Red paper for you, green for your child etc. That way you will know who has written what.

### Parenting Top Tip

**Help your child spot the signs of anger:** Being able to spot the signs of anger early can help your child make more positive decisions about how to handle it.

Talk about what your child feels when they start to get angry. For example, they may notice that:

- their heart beats faster
- their muscles tense
- they clench their teeth
- they make a fist
- their stomach churns

**Anger tips for your child:** Work together to try to find out what triggers the anger. Talk about helpful strategies for managing anger. You could encourage your child to:

- count to 10
- walk away from the situation
- breathe slowly and deeply
- clench and unclench their fists to ease tension
- talk to a trusted person
- go to a private place to calm down

If you see the early signs of anger in your child, say so. This gives them the chance to try their strategies.

**Be positive:** Positive feedback is important. Praise your child's efforts and your own efforts, no matter how small.

### Another Resource

An interesting or helpful website:  
[physical activity for children and young](https://www.physicalactivityforchildrenandyoung.org/)

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)